

DAILY WORD



Pray with Silent Unity

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.

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PRAYER FOR ILLUMINATION: Christ in me lights my way and I see clearly.

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PRAYER FOR PROSPERITY: Christ in me sets me free from all limitation. I am successful and prosperous.

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PRAYER FOR HEALING: Christ in me is my abundant life, and I am healed in mind and body.

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DAILY WORD

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Another Dawn

JAMES DILLET FREEMAN

Since the first printing of this article in Weekly Unity there have been many requests for it, and it has been widely used by many departments of Unity School. It also appears in James Dillet Freeman's book, "Be!". We reprint it now in the belief that its message will bring peace and courage and will quicken trust in the "Keeper of Infinity."

FACED with the passing of someone we love, our heart cries out in the passion of its loneliness and is not comforted with easy answers.

Our heart tells us that we are meant to live, not to die. We are meant to express life ever more consummately. When someone fails to do this, we wonder why.

To understand the meaning of death, we must understand the meaning of life. Looking at life, we see that all things change. But although all things change, nothing perishes. Things only change.

If this is true in the world of things, how much more true it is in the world of mind! Soul has a substance of its own, no less permanent for

being immaterial, no less real for being invisible. We cannot measure it with calipers or weigh it in a balance. We cannot feel it with our fingers or see it with our eyes. But it is there, substantial, real. It changes, but it will not perish.

Life does not begin with birth. It does not end with death. Life is an eternal process, an eternal progress. This visible form, this audible voice, this aggregation of organs, this network of ideas—we are more than these. These are the trappings of invisibility. We are an expression of the spirit of life.

Stand on the shore at night. You can hear the sound of the waves. You can see them break and whiten on the rocks. But the sea itself, vast and imponderable and strange and deep, you cannot see.

The wave breaks on the rocks and then is gone, and all that is left behind is a fading line of foam. Yet the sea is more than the foam that fades on the rock. The sea is more than the wave into which it shaped itself for a moment. When wave and foam are gone the sea abides to shape itself into another wave and fling itself in foam on the rocks again.

You are like a sea that shapes itself into a wave. The wave will expend itself, but you will not expend yourself. You will shape yourself

into an infinity of waves. For you are the ever-renewing, ever-unfolding expression of infinite life. You are the spirit of the infinite moving across infinity.

Eternity is not an alternation of life and non-life. There is only life. The truth is that we cannot die. For we are life. Life is energy. Life is expression. It cannot cease because it is ceaselessness. We may change form and vanish from view, but we cannot cease to be. We never cease to be, not for a moment. We cannot be separated from life. We cannot be less than life.

Life is a road that winds among the hills of time. With every turn in the road an old view vanishes, a new view appears. Life is a pilgrimage, a passage through eternity, a journey into the unknown. People are as travelers on a journey.

Some pass quickly beyond the bend in the road that hides them from our view. Some walk beside us all the way. Some seem to creep along, and some pass swiftly as a runner. But life cannot be measured in terms of time, only in terms of living.

When people die they do not cease to be; they only pass beyond human sight.

There is a unity beyond the unities of time and place and even thought, a unity that links us as one, just as all the waves are one sea and all the

islands one earth. Does not love link us with our friends though they be on the other side of the earth? So those we love may pass beyond the reach of hands, but not outside the heart.

Why are we afraid of death? It is because we are afraid of the unknown. Yet is not each new day an adventure into the unknown?

Exactly what is on the other side of death we do not know. But we may be sure that it is life. Life is on the other side of death as it is on this side.

Death is not evil. Neither is it good. Is the turning of a page good or evil? Is the rest between two notes of music good or evil? Is the opening of a door good or evil? Death is an incident. It is a part of life, as sleep is a part of life, as nightfall is a part of life. Sleep gives way to waking. Night turns into day. So death is but the passage from life to life.

Death is a door through which we pass into another room. It is a rest between two notes in an unfinished symphony. It is a page we turn to a new chapter in the book of life. It is not the end; it is a new beginning. It is not the fall of night; it is another dawn.

We may not know just what will occur when we pass through the door. Yet we can trust the Keeper of Infinity. Life is the work of a grand

and kind intelligence and has an order and a meaning beyond our power to see. Who among us could have planned an atom or a star? Who could have contrived the earth, the seasons, the delicate balance of forces that permits life on earth to exist? What scientist could have fashioned the human body? What philosopher could have thought of the laws that govern mind and space? What poet could have imagined love and wonder?

We can trust this intelligence that made the world. We were not made for dying, or for failure, or for pain. We are meant to live gloriously. We are the children of the Infinite. We have a divine destiny. We are advancing toward this destiny.

Out of the infinite we came and into the infinite we return. But we are upward bound. We have risen through an eternity of experiences. We shall go higher yet.

Now we live in a world of light and darkness, life and death. The sun that rises in the morning seems to set in the evening. Yet, if we could rise out of the shadow of the earth, we should see that the sun does not truly set; it burns in the heavens always. Neither does the sun of life ever set; if we could rise high enough, we should see that life is a continuous process and that death

is but the shadow cast by our earthiness.

This is one of the ends of living toward which we move: to rise to the place where we shall see not even the appearance of death, but in our spiritual nature, children of the Most High, children of God, we shall be arrayed in the light of life eternally, with an ever-renewing body and an ever-unfolding mind. Then shall death be overcome.

Though now the appearances of all things change, the laws that rule the world, the insights of love, the wisdom of the heart, the power of faith, of beauty and truth—these do not change. Beyond our day and night, our ebb and flow, our yea and nay, our good and evil, the Eternal is eternally the same.

Let us not be afraid. We are sailors on the sea of eternity, life's wayfarers, and we are well companioned on this voyage. Let us sail on with faith, with courage in our heart. Beyond the dark, behold! It is another dawn!

CAST THY BREAD UPON THE WATERS

Has he light? He must bear witness to the light, and always outrun that sympathy which gives such keen satisfaction by his fidelity to new revelations of the incessant soul.—*Ralph Waldo Emerson.*

You Are Unburdened!

MARY L. KUPFERLE

IN A MOMENT of quiet, in a time of meditation, in a period of prayer, read and contemplate these words: "I am unburdened. God's love sets me free."

All cares, doubts, and anxieties are released from your conscious mind and subconscious mind. You are unburdened through the wonderful power of God's love. His Spirit, active in you right now, sets you free. You are unburdened; you are free!

Whatever has weighed on your mind is now released. All burdens, problems, and responsibilities that have filled your thoughts are now loosed and lightened. You know that you are unburdened; you know that you are free. Your thoughts soar; you catch a new vision. You understand that the Mind of God, expressing through you, enables you to handle all things wisely, intelligently, and perfectly. You are unburdened; you are free.

If your shoulders have felt laden with cares and obligations, let your prayer be: "I am unburdened. God's love sets me free." As you pray your shoulders will relax; they will straighten; they will be strengthened. You will know that you

are spiritually capable, spiritually powerful. You will no longer feel limited or cast down. God's love lifts all worldly weight, makes easy all physical demands. Your shoulders are unburdened; you are free.

Every cell, every nerve, every muscle, every atom of your being is energized into easy, harmonious action and reaction as you continue to remember, "I am unburdened. God's love sets me free." This thought releases all tension, stress, and strain, and lets each organ and gland function normally and perfectly. This thought frees all tightness, loosens every knot of pain. It harmonizes all bodily activities and gives you new freedom, strength, and well-being. Your body is unburdened; you are free.

Your heart is released from heaviness. All doubts, all sorrows are cast off. You are filled with the peace that passes understanding. Your heart is unburdened; your heart is set free. In this new-found freedom your heart works in divine order, and its action is perfectly regulated. A well-spring of joy bubbles up within you; you are filled with new faith. Your heart is unburdened; you are free.

All through the day you are unburdened; you are free. You move through every activity, face every challenge, meet every responsibility with

ease and with a peaceful mind. You give every burden to your Father God. You understand and you accept the promise: "Come unto me, all ye that labor and are heavy laden, and I will give you rest."

You now rest—even in the midst of vital activity you rest—in the peace-giving presence of God. You relax. You rejoice. You are completely unburdened. You are now and forever unburdened; God's love has set you free. Accepting His promise you find perfect rest.

AN INVITATION

FROM SILENT UNITY

Have you ever needed help greatly but did not know where to turn? We extend to you a most loving invitation to call on Silent Unity.

We do not believe that anything is impossible or incurable. We keep faith with all who call upon us, for we believe in the power of God and in the power of prayer, and we know that God never fails.

If you need us, feel free to call upon us at any time. We may be reached day or night by telegraph, Unity, WUX, Kansas City, Missouri; by telephone, Baltimore 1-4720, Kansas City, Missouri, or by letter, Silent Unity, Lee's Summit, Missouri.

Let Christ Be Formed in Me

MARTHA SMOCK

LET CHRIST be formed in me. This is my desire; this is my prayer; this is my life.

Let Christ take meaning and purpose in me. Let Christ, the perfect life idea, be formed in my body, till every part of me is awake to life, till every part of me shouts for joy and sings a song of life.

Let Christ be formed in me through the thoughts of my mind. Let the character of Christ pervade my thinking. Let the wisdom of Christ lift up my feelings; let the light of Christ shine through my words and acts. Let Christ be formed in me. Let me show forth the perfection of Christ in all my activities.

Let Christ be formed in me as perfect love. Let the love of Christ rule my heart; let the love of Christ control my emotions; let the love of Christ keep me in perfect peace. Let Christ be formed in me and show forth through me as love expressed, as forgiveness extended, as joy released.

Let Christ be formed in me so that the perfect idea becomes the living reality.

Let Christ be formed in me.

Friday

MAY 1

I LIVE THIS MOMENT WITH INFINITE AWARE-
NESS.

LIFE IS not a series of broken or unrelated episodes; it is a continuity, a flowing process: past flowing into present, present flowing into future, all part of a great and perfect whole. To try to cling to the past is to forget that we are more than our experiences, just as the river is more than the bank it flows through. Our experiences are part of the endless stream of our life, but always we are the present; we are the river endlessly flowing.

To know this is to know peace within ourselves. It is as we view life as a whole that we are able to bless even the experiences that seemed unhappy or difficult. We are able to stand apart, as it were, and to see how infinitely greater is the Spirit in us than anything we have met or passed through. And when we think of ourselves as eternal and endless in God, we are able to grasp the possibilities of the present moment.

♣ *And he showed me a river of water of life, bright as crystal, proceeding out of the throne of God . . . And on this side of the river and on that was the tree of life.—REV. 22:1, 2.*

MAY 2

Saturday

I AM NO LONGER ANXIOUS. I TRUST MY
HEAVENLY FATHER.

WHEN I become anxious about where the money is coming from to meet my bills, when I need the things that mean comfort and well-being—food, clothing, shelter—I remember the words of Jesus: "Be not therefore anxious, saying, What shall we eat? or, What shall we drink, or, Wherewithal shall we be clothed? . . . for your heavenly Father knoweth that ye have need of all these things. But seek ye first his kingdom, and his righteousness; and all these things shall be added unto you."

Whatever my need I go to God in prayer; I lift up my thoughts to Him; I place myself in His care. In the stillness of prayer I receive strength and light. I get a sense of the underlying goodness of God. I come to know that all things come from Him, that the inner Spirit is the source of all. I pray for the quickening of the Spirit in me. My prayers are answered. My needs are filled. I rest in God. I trust God. I give thanks that all good is added to me and added abundantly.

♦ *All these things shall be added unto you.*—MATT. 6:33.

Sunday

MAY 3

THERE IS SUNSHINE IN MY SOUL TODAY.

IF THE sky is overcast or if the outlook is dreary, I turn my thoughts to the brightness within. External conditions have no power to disturb or depress me. I know that the light of God shines at the center of my being.

"There is sunshine in my soul today."

As this light shines within me it reveals myself to me as I really am, a child of God. It reveals all persons to me as they really are, children of God. The sunshine in my soul brings understanding, which causes the shadows of inharmony to flee. The warmth of this sunshine permeates my body, it restores and renews me. This sunshine in my soul makes it possible for me to see clearly that there is an abundant supply for my every need.

The sunshine in my soul is to be shared. I let it shine forth by keeping cheerful, by speaking encouraging words, and by doing thoughtful things. The people around me are blessed, and my world is transformed because there is sunshine in my soul.

*The heavens declare the glory of God . . .
In them hath he set a tabernacle for the sun.*
—PSALMS 19:1, 4.

Monday

HERE I AM, LORD, USE ME.

HERE I AM, Lord, use me. Use me as a shining example of Your peace. As a peacemaker I use my words wisely and carefully. They are words of love and understanding.

Use me, Lord, to express Your joy. As I rejoice in my God-filled heart and God-inspired mind, I cannot fail to find Your joy.

Use me, Lord, to express harmony. As I praise Your loving presence within me, I find Your love in all that is around me and I am an expression of divine harmony.

Use me, Lord, to express wholeness. As I bless my body with my highest thoughts, my body shows forth Your strength and Your wholeness.

Use me, Lord, to prove Your law of plenty. As a prosperous child of God I bless all that I give and all that I receive. I intelligently use my substance.

Use me, Lord, to express Your spirit of courage. Help me to develop my awareness of the abiding Christ Spirit and to use it in every experience.

Here I am, Lord, use me!

* *O God, thou art my God; earnestly will I seek thee.*
—PSALMS 63:1.

Tuesday

MAY 5

THERE IS NO CONDEMNATION IN ME, FOR
ME, OR AGAINST ME.

SOMETIMES IT is easier to forgive other persons for their shortcomings than it is for us to forgive our own selves. We set a standard and we are disappointed when we fail to measure up to our standard.

Let us free ourselves from all condemnation. That which we may have condemned yesterday, we are able to release today through prayer. This does not mean that we condone that which is not good. It means that we no longer hold to shortcomings by clinging to that which has happened in the past.

We take constructive action by releasing our problems to God and by allowing His wisdom to guide us to do that which will right wrongs, establish order, and bring satisfaction.

As we clear our mind of condemnation we make ourselves free channels for the forgiving love of God. Then, when we set a standard we are able to maintain our standard, and even to surpass all that we dreamed possible.

♣ *If our heart condemn us, God is greater than our heart.*—I JOHN 3:20.

MAY 6

Wednesday

WITH GOD THERE IS ALWAYS A WAY.

“GOD is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation make also the way of escape.” How many times we have proved this for ourselves! All of us have been in situations where it seemed that we were tempted to lose faith, to give way to despair, but we were able to stand strong, we found the way out, the way of escape, the way from darkness into light.

With God there is always a way. We only need to remember that God is with us. Through His Spirit in us we are strengthened and upheld, through His wisdom in us we are guided and led out of difficulty and confusion. The way out of trouble is always at hand. The way is revealed to us as we turn everything over to God—our lives, our affairs, our selves. The way is revealed as we say within ourselves, “God, You are with me. You are the way. I trust You.”

With God there is always a way. God in us is the way. This is all we need to know in order to be able to stand fast and to prove Him.

♣ *God is faithful.*—I COR. 10:13.

Thursday

MAY 7

MY HEART IS LOVING, AND MY LIFE IS JOYOUS.

WHEN MY heart is loving I can surmount any wall of indifference, disinterest, or prejudice. When my heart is loving I experience the indescribable joy of being right with myself and right with the world. At such times I cannot say where the heart of God begins and my heart ends, so close are God and I.

When my heart is loving, I am not coldly impersonal or unwisely personal. God's good judgment works through me and helps me to express warmth and interest in a natural way. This good judgment inspires me with words that are helpful and tactful. This good judgment leads me to be thoughtful and polite, restrained when restraint is needed, exuberant when exuberance will bring a blessing.

When my heart is loving I am a joyous part of God's good world. It is easy to be gentle and agreeable. It is easy to radiate a friendly spirit. It is easy to convey the love my heart holds.

♣ *Finally, be ye all likeminded, compassionate, loving as brethren, tenderhearted, humbleminded.*—I PETER 3:8.

MAY 8

Friday

I ALLOW MY IMAGINATION TO DWELL ONLY
ON THAT WHICH I WISH TO SEE EXPRESSED
IN MY LIFE.

THE IMAGINATION is sometimes called the scissors of the mind, because the imagination shapes and forms invisible spiritual substance. Charles Fillmore said, "It is through the imagination that the formless takes form." Therefore, if I want a beautiful and harmonious life, I allow my imagination to dwell only on that which is beautiful and harmonious.

If I have need of more health, I picture my body as vital, vigorous, and radiantly healthy, able to enter into and enjoy all desired activities. If I have need of more prosperity in my life, I see myself as having an abundance of every good thing. If I have need of more harmonious personal relationships in my home or my work, I picture myself as being loving and being surrounded by love. I hold only good and perfect mental pictures of my loved ones, of my neighbors, of people the world over. When I do this I am helping good to come forth.

♣ *Thou wilt keep him in perfect peace, whose mind is stayed on thee.*—ISA. 26:3.

Saturday

MAY 9

I AM ONE WITH GOD; THEREFORE, I AM EMOTIONALLY SECURE AND HAPPY.

OUR EMOTIONS release powerful forces within us. When our emotions are controlled through divine love and wisdom, they give proper force and direction to our life.

Men of science are today studying more closely than ever before the complex creation of Spirit, soul, and body that makes up the whole man, and it is continually becoming more apparent that we are "wonderfully made." It is recognized that emotional stability is a vital necessity for successful, happy living. The individual who has learned to control his emotions—not repress them—instead of allowing his emotions to control him, has emotional stability. Jesus revealed that man can best control his emotions through a conscious union with God.

Through prayer we unite with God and with every idea of good. No matter what our particular need may be—substance, health, happiness—a union with God fills our need and gives us peace which, in the final analysis, is emotional stability.

✦ *Thou, Father, art in me, and I in thee.*—JOHN 17:21.

MAY 10

Sunday

I GIVE MY VERY BEST TO LIFE, BECAUSE LIFE
HAS GIVEN ITS VERY BEST TO ME.

A PART of the Unity teaching is to consider God not only as Father but also as Mother. We think of Him as our Father-Mother God. Considering Him in this light, we consider the Mother as the giver and sustainer of life.

When we desire to honor our physical mother, to give her a special blessing, we show in some tangible way our love and respect. When giving her a gift we seek to give something appropriate, something beautiful, something useful. If we would please and bless the one who gave us physical birth, and also please and bless the Mother principle of God, let us honor life. We honor life by giving to life our very best. And what gift is more appropriate, more beautiful, more useful than the gift of a life lovingly, richly, and wisely lived?

By this token, by this gift, we are saying to the one who mothered us and to God, "We know life has given us its very best!"

♣ *The vine shall give its fruit, and the ground shall give its increase.*—ZECH. 8:12.

Monday

MAY 11

THE JOY OF THE LORD IS MY STRENGTH.

WE EXPECT many things of prayer. When we pray we expect God to hear us; we expect changes to take place in us and in our life. If we pray for healing, we expect a response in our body. If we pray for guidance, we expect to be shown what to do. If we pray for peace, we expect to feel calmness and poise. But the one thing that we rarely expect when we pray, the one thing which is the surprising attendant of prayer is joy. No matter how grave or serious our need, when we turn to God in prayer, as we reach for Him and find Him, we find, too, a great sense of joy. It is like looking out at a dark night and suddenly becoming aware of the stars.

Perhaps the real and lasting answer to every prayer is the joy we experience in discovering the presence of God within. Perhaps joy is our real need—joy released through us, heart and mind and life—joy that frees, joy that renews, joy that reveals the beauty, the wonder, the ultimate and divine good at the heart of all. Through prayer this real need, the need for joy, is supplied.

♣ *That my joy may be in you, and that your joy may be made full.*—JOHN 15:11.

MAY 12

Tuesday

CHRIST IN ME IS THE WELLSPRING OF INEXHAUSTIBLE ENERGY; THROUGH HIM I ACCOMPLISH ALL THINGS.

DEEP WITHIN me is the wellspring of inexhaustible energy. I tap this wellspring of energy by acknowledging the Christ presence in me. When I make this contact, vitalizing energy flows immediately and mightily into every part of my being.

If I have thought of myself as tired, worn, weary in mind and body, I now think of myself as renewed, revitalized, and refreshed mentally and physically.

No longer do I feel burdened or weighted down. This ever-renewing energy within me gives me the ability to accomplish what must be accomplished by me with ease and in order. This energy gives me the elasticity to bounce right back, feeling fresh, vital, and alive at the end of each task. This energy responds to my loving command and supplies my every need.

When I understand that I have a wellspring of energy that is mine to use, I can accomplish all things.

♣ *He giveth power to the faint.*—ISA. 40:29.



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PERFECTION'S IMMINENCE

D. J. MANN

I have gone down a road and had a sense
Suddenly of perfection's imminence.
The same leaves trembled in the sunlight, still
It was as if I had come round a hill
And looked for the first time at reality.
Men live on the edge of a world they never see,
But sometimes I have drawn aside the screen
And felt through to the real and serene
Beyond the world of forms whose shadows pass
Across my mind as in a looking glass.
Then I have been as in another land;
I have stood on the verge of beauty and
Felt a reality too beautiful to bear
About to reveal itself through the electric air.

Wednesday

MAY 13

I WILL KEEP PRAYING TILL THE LIGHT
BREAKS THROUGH.

“JUST KEEP on praying till the light breaks through.” These words of a song rang out in a Silent Unity meeting.

“Just keep on praying till the light breaks through.” Over and over the song was sung in Silent Unity; it was sung as a prayer: for the Silent Unity workers themselves as they went about their work; for the persons who had written in for prayers, that they, too, might keep praying until the light broke through; for all people everywhere.

All day long the words echoed and re-echoed as the light broke through helping the workers to select the right prayer and pamphlet to send to each one requesting prayer.

“Just keep on praying till the light breaks through.” Let these words ring in your heart. While the light may not break through at the exact moment of your formal prayer time, continue to keep positive, uplifting thoughts and attitudes, and the light will break through and your prayer will be answered.

✦ *We will continue steadfastly in prayer.—ACTS 6:4.*

Thursday

MY GOOD COMES TO ME AS I NEED IT, FOR I TRUST GOD'S SUBSTANCE TO SUPPLY MY EVERY NEED.

WHEN A need for some good appears in my life I do not make the mistake of seeing it as a lack. I regard it as an opportunity to trust God's substance that is always ready to supply my every need.

The first step toward filling my need is to turn to God in prayer. I tell God of my need and I name the particular form of good I desire. Then, I ask that this good or something better come into my life.

I keep my faith bright and active by affirming: "My good comes to me as I need it, for I trust God's substance to supply every need." I speak these words quietly to myself until I feel a firm conviction, a calm assurance that my prayer is being answered. If the need comes to my mind again, I repeat these words; I reaffirm my faith.

As I continue in this way, desire is replaced with fulfillment. The good that I need appears in tangible form, easily recognizable.

♣ *For your Father knoweth what things ye have need of.*—MATT. 6:8.

Friday

MAY 15

AS GOD'S CHILD I CLAIM MY INHERITANCE
OF ETERNAL LIFE NOW.

SOME OF us may have thought of ourselves as inheriting a physical frailty from a parent or grandparent. Others of us may have thought of ourselves as inheriting a tendency toward some weakness or inharmony from an ancestor. The truth is that our inheritance is from God, our Father and our father's Father.

God is life. We inherit His life. God is strength. We inherit His strength. God is perfection. We inherit His perfection.

To claim an inheritance we first have to establish our identity as an heir. We do this by realizing that we are God's children, heirs with Jesus to the Christ indwelling, which is God's own Spirit. We stake a claim to our inheritance by our affirmations of faith. An affirmation of faith, such as today's statement, helps us to claim for ourselves the life, the strength, and the perfection that are our true inheritance, and helps us to lay hold of and accept our heritage of good. So let us claim eternal life now.

♣ *For as the Father hath life in himself, even so gave he to the Son also to have life in himself.*—JOHN 5:26.

MAY 16

Saturday

THERE ARE NO STRANGERS. I AM CONSTANTLY AWARE OF THE LOVING CHRIST IN ALL PEOPLE.

WE NEED never feel timid or hesitant, for there are no strangers. The Christ is the same in each of us. He looks on us lovingly through the eyes of other persons, just as He looks lovingly on other persons through our eyes.

In the heart of every person with whom we are not yet well acquainted, there abides the divine friend, the Christ. He is waiting for us to behold Him, to recognize Him. He is waiting for us to express good will to Him.

It is as though He were saying: "These persons are not strangers. I, the Christ, am coming to you in a new guise. You know Me. Look for Me. Silently let My Spirit in you speak to My Spirit in all whom you have thought of as strangers. My Spirit, the Spirit you share, is a friendly Spirit, an understanding Spirit. As you depend on my Spirit, you will find there are no more strangers, there are only new friends, blessed friends."

♣ *Ye are no more strangers . . . but ye are fellow-citizens . . . of the household of God.—EPH. 2:19.*

Sunday

MAY 17

I AM STEADFAST. I AM PATIENT. I AM FAITHFUL TO EVERY TASK THAT IS BEFORE ME.

I AM STEADFAST in whatever I undertake. I am constant in my application to the work that is mine to do. I am patient, never trying to push things through to a finish, never slighting any part of my work.

Through the power of Christ in me I am faithful to every task that I begin. No matter how insignificant my task may appear to be, I never belittle my contribution. I realize that great achievements are the results of little jobs well done.

I am never discouraged. I do all of my work to the glory of God, as Jesus did His work. I know that I am prepared to accomplish the tasks set before me, and I am open and receptive to the blessings that these tasks offer.

Because I am steadfast, patient, and faithful to every task that is before me, new and rich fields of activity and service are constantly opening to me. I am blessed in every undertaking and success attends my every effort.

♣ *Be ye stedfast, unmovable, always abounding in the work of the Lord.*—I COR. 15:58.

MAY 18

Monday

DAILY I MAKE PRAYER AN ACTIVE PART OF MY LIFE.

GOD MAKES His presence known to me when I pray, and it is through prayer that my life is blessed. There is no need so great or so small that I cannot take it to God in prayer. I have known times when I have been driven to my knees in prayer and I prayed only because I could see no other way. But now I know that I can accept with faith His promise, "All things whatsoever ye pray and ask for, believe that ye receive them."

If I find my life and affairs free of problems, then, especially should I remember the importance of prayer and not forget to set aside a definite time each day for it. My prayers do not specify just how or when my needs must be met. I have faith that God will answer my prayers at the right time and in His own way, which is always the right and perfect way.

As I pray I ask in faith for the help I need. Then I relax. God has assured me of His help. He has never failed me. His love never fails.

♦ *And he spake a parable unto them to the end that they ought always to pray.*—LUKE 18:1.

Tuesday

MAY 19

I EXPRESS THE LOVE OF GOD TOWARD EVERY-
ONE AND EVERYTHING IN MY WORLD.

THINK FOR a moment about love. Think about Paul's definition of love in the 13th chapter of I Corinthians: "Love suffereth long, *and* is kind; love envieth not; love vaunteth not itself, is not puffed up, doth not behave itself unseemly, seeketh not its own, is not provoked, taketh not account of evil; rejoiceth not in unrighteousness, but rejoiceth with the truth; beareth all things, believeth all things, hopeth all things, endureth all things. Love never faileth."

To love is to express the nature of God. To love is to feel secure and at peace within ourselves. To love is to have faith in the goodness of other persons. To love is to forgive; to love is to be generous-hearted, understanding, and forbearing. To love is to feel oneness with God, oneness with all mankind, oneness with all life.

"Love never faileth." Love, the love of God, expressed through us is the way out of inharmony, the way into happiness. When we express the love of God toward everyone and everything in our world all will be well. Love is our answer.

♣ *Love never faileth.*—I COR. 13:8.

MAY 20

Wednesday

MY MIND IS OPEN, MY HEART IS RECEPTIVE,
AND MIRACLES OF HEALING ARE HAPPENING
TO ME.

NEVER CLOSE your mind to the thought that with God all things are possible. If you are faced with a physical condition that demands your attention, turn in prayer to the Source of wisdom and healing. Ask God for direction and healing. If through prayer you are inspired to take some certain course of action, step forward with faith. If you are inspired to follow some particular plan that presents itself to you, be steadfast to the instructions you have received in your prayers.

If through prayer you are guided to ask the help or advice of another person, let the light of God's wisdom direct you to the person who will be a channel of blessing. No matter what ideas you accept as a part of the unfolding of your perfect health, follow through with these ideas in faith. No matter what form the healing help may take, all healing is from God. That is the important thing to remember.

♣ *And he . . . gave them authority . . . to heal.*—MATT. 10:1.

Thursday

MAY 21

FILL ME WITH THY SPIRIT, LORD.

IF THE area of our life seems limited or confined, if we feel that we have not had the advantages or the opportunities that others have had, what can we do about such feelings? None of us wants to remain in a depressed or negative state of mind, none of us wants to feel defeated in life—and none of us needs to.

We can honestly face negative thoughts and feelings that we may have about ourselves and say to them, "This is not the truth about me. This is not the truth about the spiritual self of me." We can lift up our thoughts and feelings by thinking about the Spirit that is in us, God's own Spirit.

It is for the release of His Spirit in us and through us that we need to pray. As we pray, "Fill me with Thy Spirit, Lord; fill me with Thy light; fill me with Thy power and peace," we begin to let go of regrets, remorse, or self-pity and take on the character of the God-self in us. God is in us. His Spirit moves through us and inspires us to live life effectively, joyously, productively, and lovingly.

♣ *Is it not written in your law, I said, Ye are gods?*
—JOHN 10:34.

I "LET PATIENCE HAVE ITS PERFECT WORK."

MAN's development is geared to the stability of his faith. From the depths of his own experience James gave us this lesson on man's growth: "But let him ask in faith, nothing doubting: for he that doubteth is like the surge of the sea driven by the wind and tossed."

In the divine pattern the waves have a sure rhythm. There is a constancy in their movement, an inspiring song of eternal meaning in their steady drive to the shore. The rip tide and other turbulences momentarily interrupt this pattern, but it is resumed again.

In my impatience, in my limited thinking and timing, I know that I have often interrupted the good created for me. Now I pray for the patience that allows the perfect pattern to take form. I pray for the faith that stills the tiniest stir of doubt or fear that might ripple the waters of life.

Even as I make this prayer for patience and faith, I find my answer in the calm peace that flows over me. I find my answer in the willingness of my heart to "let patience have its perfect work."

✦ *And let patience have its perfect work.*—JAMES 1:4.

Saturday

MAY 23

I LIVE AND MOVE IN AN ATMOSPHERE OF PRAISE, IN A CLIMATE OF ENCOURAGEMENT.

A POET has said, "My heart makes its own weather." This is true. It is true, too, that in a sense we make the weather of the persons around us. There are persons who move through life like tornadoes or hurricanes, strewing wreckage in their paths. There are persons who seem to have storm clouds hovering over their heads most of the time. There are persons who affect the people around them like rainy Mondays.

What can we do in the presence of such persons? We can help to change the atmosphere. We can include them in an atmosphere of praise, in a climate of encouragement. The inner peace we feel can have a quieting effect on the most troubled persons. We know this from experience. We know how we feel when we are in the presence of someone who is loving and understanding.

"My heart makes its own weather," and this weather can be like soft sunlight and gentle winds dispelling storm and cold, making hearts happy again.

♣ *The effect of righteousness, quietness and confidence.*
—ISA. 32:17.

MAY 24

Sunday

MY HEART KEEPS GOD'S COMMANDMENTS.

WE MAY be inclined to stand in awe of the word, *commandments*. We may wonder if God's laws are designed to curb our free expression. But just laws are for man's protection and growth, not for his restriction and oppression. Jesus taught that God is a just, kind, and loving Father. God's laws, therefore, are just laws designed to bring forth our good, not to keep our good from us.

We can liken life to a superhighway. God's laws are like the rules of the road, designed to make our journey safe and pleasant. The highway is smooth and straight, and we travel over it happily when we obey directions. We have a free choice in the matter, but we know that when we elect to heed the warning signs and obey the traffic laws our journey becomes a delightful experience. So it is with God's commandments. When we co-operate with these just laws our way in life is joyous and satisfying and brings us spiritual unfoldment.

*My son, forget not my law;
But let thine heart keep my commandments.*

—PROV. 3:1.

Monday

MAY 25

I AM IN MY RIGHT PLACE, DOING MY RIGHT WORK, FOR RIGHT PAY.

IS TODAY'S thought a statement of truth about your affairs? Are you in your right place, doing your right work, for right pay? If you are not in the place that you feel is right for you, are you doing all that you can to prepare yourself for your right place? If you are not doing the work you consider your right work, or if there is some better work for you, open yourself through prayer to your right work. If the recompense that you are receiving from your work seems insufficient, are you looking to the source of all prosperity, to God, for the supply that is rightfully your own?

If you feel that you are in your right place, be sure to give thanks for the work you are doing. If the work you are doing is bringing you the satisfaction and joy that work should bring, be sure to give thanks for this opportunity. If you are receiving just and generous pay for the work you do, give thanks and bless the channel through which your good is coming to you.

✱ *God . . . bless thee in all the work of thy hand.*
—DEUT. 14:29.

MAY 26

Tuesday

I DISCOVER AND I RELEASE THE UNKNOWN
AND THE UNUSED POWERS OF GOD THAT ARE
WITHIN ME.

WE RECOGNIZE that the boundaries of the world are not known. We think in terms of outer space. We expect to explore the hitherto unexplored. The boundaries of our inner world are not known either; the reaches of the mind, heart, and spirit are infinite.

Just as it takes dedication and work on the part of scientists to explore the realm of possibilities as yet unknown, it takes dedication and work on our part to discover and release the unused and unknown powers of God that are within us. As the scientist proceeds step by step, experiment by experiment, working with what he knows in order to uncover and understand what he does not know, we proceed step by step, experience by experience, using the Truth that we know, applying it in our life. If scientific discoveries are marvelous, spiritual discoveries can be even more marvelous. Miracles of power will be revealed to us as we pray our way through to light.

♣ *He hath set eternity in their heart.*—ECCLES. 3:11.

Wednesday

MAY 27

I REJOICE IN THE REALIZATION THAT GOD USES ME WHERE I AM AND AS I AM. MY PRAYERS BRING A BLESSING.

YOU DO not have to be perfect in spiritual understanding before you can pray for other persons and help them. It is your sincerity of desire, the love that prompts your prayer, and your faith in prayer, that make your blessing for others potent.

Your compassionate desire to help other persons out of their difficulties opens the way for divine power to flow through your prayers. The love that prompts you to speak a word of illumination, of healing, of prosperity, of peace, of happiness, is the love that makes effective every word that you speak. Your faith in the power of prayer allows the spirit in you to reach out to the spirit in another person and call forth the light, life, substance, and blessing that are God's will for that person.

If you want to help someone through prayer, do not hesitate to think a good thought, speak a faith-filled word. Your prayers will bring a blessing.

♣ *Pray one for another.*—JAMES 5:16.

MAY 28

Thursday

DIVINE ORDER IS NOW ESTABLISHED IN THE
PATTERN OF WEATHER CONDITIONS. ALL IS
WELL.

FOR DIVINE order to be established in the pattern of weather conditions it must first be established in the minds and hearts of men. So, as we pray for divine order in the weather—for rain where it is needed, for dry weather where it is needed, for wind or calm, for warmth or cold, where these conditions mean divine order—let us keep our own thoughts in divine order.

How do we do this? We refuse to be fearful. We trust God to protect us and our property under all weather conditions. We do not become alarmed by the suggestion that there will be unfavorable or damaging weather for crops. We speak in a constructive way when we discuss the weather and its effect on the well-being and the prosperity of the community and the country. As we contribute to divine order through our right thinking, we will find that divine order is established in the pattern of weather conditions.

*He causeth the grass to grow for the cattle,
And herb for the service of man.*

—PSALMS 104:14.

Friday

MAY 29

KEEPING A SERENE, CALM, TRUSTFUL SPIRIT, I
ACCOMPLISH ALL THE DESIRES OF MY HEART,
WHILE I REST IN PEACE.

WE HEAR of man's tensions, we read of great pressures in the business world, and in our way of life. But remembering: "He that sent me is with me; he hath not left me alone," makes it possible for us to relax, to work with God, and to find peace of mind.

Working in a personal way we become burdened, we fret, we are disturbed, and we accept responsibilities. Working in a prayerful way we are free, we are poised, serene, and we accept God's help.

As we remember to look to God for inspiration, we are never neglectful, irresponsible, or untrustworthy. As we look to God for help, we no longer find it necessary to force issues, make other persons conform to our ideas, or hold obstinately to some unimportant policy.

The knowledge that we are not alone makes us serene, calm, trustful, and enables us to work with God and let God work through us.

♣ *He that sent me is with me; he hath not left me alone.*
—JOHN 8:29.

MAY 30

Saturday

IN THE NAME OF THE LORD JESUS CHRIST
THERE IS COMFORT FOR EVERY HEART.

IN THE NAME of the Lord Jesus Christ there is comfort for every sorrowing heart. The man Jesus believed in the lifting up of those who were saddened. His teaching was meant to set men free.

When we think of Jesus, we think of the strengthening hand He extends, of the healing touch He gives. When we read of His work, we read of men being inspired to believe, to rise above circumstances and conditions. When we consider the life of Jesus, we find in it the message that brings comfort to every heart, the message that assures man that he shares with Jesus in the Christ Spirit. When we dwell on the promises He gave, we feel that to dwell in sorrow is to shut out the very light He came to reveal.

So we pray for comfort for the sorrowing, lifting up for the lonely, and the oil of joy for the mourning. We pray for every heart to be established in "good work and word."

♣ *Our Lord Jesus Christ . . . comfort your hearts and establish them in every good work and word.*—II THESS. 2:16, 17.

Sunday

MAY 31

I RECONSECRATE AND REDEDICATE MYSELF
TO THE WILL AND THE WORK OF GOD.

I RECONSECRATE and rededicate myself to God in my thinking. I think God's thoughts after Him. I think in terms of good, of life, of intelligence, of love.

I reconsecrate and rededicate myself to God in my emotional nature. I say, "God, here is my heart, here are my feelings, here is my self. Live through me, love through me, express through me."

I reconsecrate and rededicate myself to God in my words and acts. I meet the experiences of my life in faith that God is in me, that God is in all persons, in all things. As I hold to the idea of God, the good, in all and through all, I say the things and do the things that express the nature of God, the nature of good.

I reconsecrate and rededicate myself to God and I am set free, released from any sense of heaviness, burden, or care. I feel the strong support of God's love and hear His voice within me saying, "You are my child; I am well-pleased."

♣ *We make it our aim . . . to be well-pleasing unto him.*—II COR. 5:9.

FORMULA FOR A HEALTHY HEART

An article of special interest appears in the May number of *Good Business* magazine. Titled "Formula for a Healthy Heart" and written by Harold L. Irving, it tells how to care for the heart so that it can do its work unimpaired by the tensions of modern living, and so that you need not fear a "heart attack." Subscriptions for *Good Business* are priced at \$2 a year: be sure to ask that your subscription begin with the May number.

For Unity Fellowship

If there is a Unity center in your city, you will enjoy the association with others who are also studying and practicing Truth. By your presence you will bless the group and at the same time receive a blessing for yourself. Consult your telephone directory for the address of the Unity center in your city, or write direct to Unity headquarters for the location of the center nearest you.

1959 Unity Training School Schedule

First Term—April 6 to May 1

Second Term—May 11 to June 5

Third Term—July 27 to August 21

Fourth Term—August 31 to September 25

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

UNITY ON RADIO AND TELEVISION

Do you know that Unity's radio program "Unity Viewpoint" is now heard on more than 60 stations, and that Unity's television program "Daily Word" is now carried by more than 40 stations?

The "Unity Viewpoint" regularly presents short radio talks with practical Truth ideas taken from the Unity publications. The five-minute "Daily Word" television program is seen Monday through Friday and features Rosemary Grace, granddaughter of the founders of Unity, reading and commenting on the day's lesson in *Daily Word*.

There are also some other radio and television programs arranged by local Unity groups. If you would like to listen to and view some of the Unity programs in your area, check your local newspaper for a listing of the schedule, or write to Unity headquarters for a complete free schedule that lists the television and radio programs, with their respective stations and broadcast times.

Unity's radio and television work, which brings help and inspiration to an audience of several millions with each program, is made possible by the love offerings of Unity friends who wish to help bring the Truth message to others. Love offerings for this purpose should be addressed to:

The Television and Radio Fund

UNITY SCHOOL OF CHRISTIANITY
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Poems for Inspiration

There is no more thoughtful gift for Mother's Day or any special occasion than one of these fine volumes of Truth poetry. Either is a prized addition to your own library as well. Collected from the pages of the Unity magazines, the poems in both books have all proved to be favorites with readers.

Best-Loved Unity Poems. This anthology contains 181 poems arranged by subject in twelve sections for easy reference. It includes poems for special occasions, poems of inspiration, poems of faith and courage, poems about Jesus and the Christ within, poems about prayer and meditation, and poems to help you change yourself. The book is indexed by title and author and features lovely pen-and-ink drawings. Price, \$2.

Be! This book is a collection of more than forty poems and prose poems by author James Dillet Freeman, whose work has been read and loved by Unity friends for many years. Mr. Freeman is especially well-known to DAILY WORD readers. This book features such favorites from his writings as "Sea Voice," "Another Dawn," "The Hilltop Heart," and many more. The typography has been especially designed to suit the poetic content of the book, and it includes fine pen-and-ink drawings. Price, \$2.

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PROSPERITY BANK HELPS PAY DEBTS

"This much I can say," writes a woman in the British West Indies, "since I have been using my Prosperity Banks (this is the second one) I have cleared all my debts without realizing it. I am only a housewife and not a business-woman, yet last year I owed nearly \$1,000 and today I do not owe a cent! Thank God, my affairs are prospered. I would like to continue my drill, so please send me another Prosperity Bank as soon as possible."

If you have debts to pay, or any other prosperity problem, why not try the Prosperity Bank plan? Just mail the coupon below.

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Weekly Unity. Like a friendly letter, which comes every week, this magazine is sure to be welcome. It includes poems, articles, fine feature departments, and lovely illustrations. The May 31 number of *Weekly Unity* will present an outstanding article called "Prayer," by famous author Faith Baldwin.

Unity. This monthly magazine presents 100 pages of the finest spiritual enlightenment. Each number features the writings of Charles Fillmore, Bible lessons, articles, poems, and a cover photograph in color. The May number features the article "What Can I Do?" by Myrtle Shay.

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UNITY SCHOOL OF CHRISTIANITY
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Look to the Sea

JAMES DILLET FREEMAN

Life's beautiful uncertainties
Stretch out before us like a sea's
Uncharted vasts, and we can fare
Life-ward as far as faith can dare.
What unimagined isles of thought
Lie only waiting to be sought?
O mariner, life has no bound;
An unknown world lies all around
Us everywhere. By you alone
Shall the unknown become the known.
Out, out beyond the edge of dreams,
Past all that's sure and all that seems,
The truths yet undiscovered are.
Look to the sea! Dream high! Dream far!

